

A MOUTHFUL OF SUMMER

GET THE GRILL READY FOR BARBECUE SEASON WITH THESE CHICKEN SLIDERS

PAGE 20



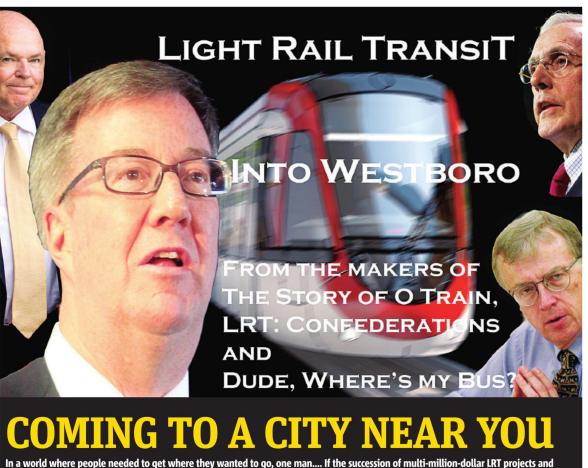
Moderates hopeful in Iran

Once-silenced moderates may be allowed back into the fold following Iranian elections

G8 faces tough global economy

Plenty of woes will confront the heads of the Group of Eight leading economies as they gather in Northern Ireland





clashing directorial visions is starting to feel like a bunch of bad movie sequels to you, you're not alone. Metro's Urban Compass columnist

Steve Collins offers his take in Voices on page 9. Clockwise from top right: Former mayor Bob Chiarelli, National Capital Commission

Ottawa likes to move it!

Priority. Transportation top issue for Ottawans, according to surveys

How Ottawans get around their city is top-of-mind for most residents, according to two recent surveys.

A Harris/Decima poll conducted in December — and released under access-to-information legislation last week — found that 40 per cent of respondents said transit was the most important issue facing the city.

Transit was well ahead of the next most important issues: taxes (18 per cent), infrastructure (18 per cent), light rail (16 per cent) and waste management (14 per cent)

The OC Transpo 2012 customer survey found that transportation was the No. 1 priority (33 per cent), followed by transit (26 per cent) and city spending (22 per cent).

The polls, both conducted late last year, provide a snapshot of what Ottawans want from their civic government.

It may come as a bit of a surprise to many observers of

Ottawa City Hall that planning issues rank low on the list — only 5.2 per cent in the Harris/Decima poll and 13 per cent in the OC Transpo survey ranked it among important issues facing the city. Even fewer people — only four per cent of those surveyed — ranked issues relating to city council and councillors as a top priority.

The polls come at a time when the city is investing heavily in transportation infrastructure — namely the \$2.1-billion Confederation Line. They also come at a time when the city is undertaking a complete review of its transportation master plan

"I certainly agree that transportation is a significant part of every Ottawan's life, whether you choose to drive, walk, cycle or use transit, and that is why the city is looking at any number of transportation opportunities from (western LRT) to Complete Streets," wrote transportation committee chair Coun. Keith Egli on Sunday.

"We hope to hear more from the public as the (transportation master plan) process rolls out and we better finetune where we are headed."

ALEX BOUTILIER/METRO

DON'T WAIT TO SEE.

Chairman Russell Mills, Mayor Jim Watson and former mayor Larry O'Brien. SEAN MCKIBBON/METRO

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Monday, June 17, 2013

Undercover op

Child-porn charges laid

An Ottawa man has been charged in connection with a child-pornography investigation.

Police say the charges stem from an undercover operation in the United States.

Investigators searched the suspect's home Friday and say three laptops and four desktop computers were seized.

Michael Brown, 50, is charged with four counts of luring a child by computer and one count each of making sexually explicit material available to a child and possession of child pornography.

Staff Sgt. Gina Rosa says the suspect appeared in court Saturday and was remanded into custody until a June 19 hearing. THE CANADIAN PRESS

The Glebe

Fire crews tame shed blaze

Ottawa firefighters were called to an early morning shed fire in the Glebe that caused \$30,000 in damages Sunday.

Ottawa Fire Services received a call just after midnight reporting smoke in the area of Glendale Avenue and Percy Street. Firefighters found a shed ablaze behind 50 Glendale Ave. threatening to involve the nearby house.

Crews were able to bring the fire under control within minutes.

According to firefighters, the damage totalled \$20,000 to the structure and \$10,000 to contents inside.

ALEX BOUTILIER/METRO



Tourette's advocates invite you to give up your voice

Awareness. Twitter, already known for random outbursts, will be used to show people what having syndrome is like



SEAN MCKIBBON sean mckibbon@me

An advocacy group for people with Tourette's syndrome is asking Twitter users to sign up to let a bot take over their account so it can blast out random stuff, including swear words, on Wednesday as a means of raising awareness.

"Wednesday, from 9 o'clock, tweets will come out from your Twitter handle with the equivalent of verbal tics. You won't know when they're coming and you won't know what they are saying and that's to mimic the way that real verbal tics happen," said Cathy Wylie, president of the Tourette Syndrome Foundation of Canada. The automated tweets will come out with a link to surrenderyoursay.com so followers can find out more.

Tourette's syndrome is a neurological disorder characterized by involuntary vocal and physical outbursts. Those with the syndrome are stereotyped as suddenly and involuntarily cussing, but it's not the norm, with fewer than 10 per

cent suffering such outbursts, says Wylie.

"People that have (Tourette's), because of the stereotypes and people not having the knowledge of the tics, they do get ostracized," she said.

Kids with the syndrome tend to get picked on and have trouble making friends, while among adults the unemployment rate is four times as high as the general population, she says. She adds that about 20 per cent of people with the syndrome report having been fired or passed over for jobs because of their condition.

But with therapy people can learn coping mechanisms and find ways to deal with the syndrome, she says. Her own son Jason, now 26, suffered tics

as a child. Like about a third of people with the syndrome, Jason has since found the tics have diminished with age so as to be almost unnoticeable.

A further third of sufferers report diminished yet still prevalent tics, while a final third of people with the syndrome report no improvement as they age, says Wylie.

"It doesn't affect how smart they are, it doesn't affect what they can do," said Wylie.

The idea for the awareness campaign came from Saatchi and Saatchi, a Toronto-based ad firm that has done previous work with Wylie's foundation.

The firm's last campaign about Tourette's syndrome was an online video documentary series entitled @random.

Brief standoff. Man accused of threatening his wife in Gatineau

A 62-year-old Gatineau man is facing numerous charges after a brief police standoff Saturday night.

Gatineau police were called to the residence at 589 Carle St. just after 10 p.m. after receiving reports of a man threatening to kill his wife with a firearm.

The woman was able to flee the home and called 911.

Lt. Yves Comtois said no

shots were fired and nobody was injured.

"It wasn't much of a standoff. By the time the police circled the residence, the man just came out by himself," Comtois said Sunday.

Three rifles were seized from the home.

The man is facing numerous weapons charges as well as domestic-violence charges.

ALEX BOUTILIER/METRO

Collision

Man, woman hurt in car crash

Two people were injured when their car struck a tree and lamppost at the corner of Dalhousie and Boteler streets early Sunday.

Ottawa Fire Services, police and paramedics were called to the intersection just after 4 a.m.

According to firefighters, one of the occupants was trapped inside. Firefighters were able to remove the occupant just before 5 a.m.

ALEX BOUTLIER/METRO

Arnprior. Murder charge laid in man's stabbing

The Ontario Provincial Police have charged a man with firstdegree murder after a June 12 stabbing in Arnprior.

Police apprehended 22-yearold Jesse Gervais, of Amprior, in Sault St. Marie late Friday. He has been charged in relation to the stabbing death of 21-yearold Brodie Cole Armstrong, also of Amprior.

Police were called to a residence on Russell Street in Arnprior around 9:20 p.m. on June 12. When officers arrived on scene, they found Armstrong on the ground near a vehicle. He was transported to hospital and pronounced dead on arrival.

Gervais is now in police custody and awaiting return to Renfrew. He will appear in Pembroke provincial court at a later date.

Anyone with information on the incident is asked to call Renfrew OPP at 613-432-3211 or Crime Stoppers at 1-800-222-8477. ALEX BOUTILIER/METRO

metroews.ca metronews.ca Monday, June 17, 2013

Forty-five minutes of cycling plus five laps — that's the formula for the 35th annual Preston Criterium bike races that capped Italian Week in Canada's capital. About 150 riders braved the rain and a die-hard group of brolly-clutching fans turned out to cheer them on.

PHOTOS AND STORY BY SEAN MCKIBBON

sean.mckibbon@metronews.ca



Rain, sweat and gears.Drenched cyclist

Drenched cyclists power forward

Faces contorting with effort, the masters men zip across the Preston Street Criterium.

Legs of steel.Winning trifecta tops the masters podium

Men's masters winners Kevin Lockhart (2nd), Robert Orange (1st) and Patrick Pelda (3rd) stand atop the podium.



Wet and tired. Riders pump their legs through the soggy streets

Elite and masters women's racers get off to a slippery start.

Soaked cyclists just spinning in the rain

A steady rain made for a slippery, soggy Preston Street Criterium, but there was no dampening the spirits of the winner of the men's masters race, Robert Orange.

Orange, a local rider from Chelsea, Que., gave Metro a breathless and gripping account of the ride just after getting his medal.

"It's always a little scary. You start the race with a little trepidation. Preston Street has a history of a lot of crashes, a lot of excitement. This race is a huge race — 35 years it's been on.... So what you do is ride with a little lower tire pressure so it's easier to corner and you have a little more grip. It was exciting for a master's

race. Some guys came down from Toronto. We really appreciate them making the big trip. There were primes all the way through. I didn't contest any of the primes really well because a lot of the guys from Toronto are really fast, the local guy who won it last year is really fast.

"But coming into the finish, one guy jumped in early. I got on his wheel. We had a gap in the back straight and I was just screamin' at him to go harder and harder and he stayed on it and I just jumped the last corner for the sprint and took the sprint.

"I've been second place twice so to finally win it is really fantastic."

Race winners

The podium roundup for Sunday's Preston Street Criterium:

Elite Men

- Derrick St. John Stevens Racing p/b The Cyclery
- 2. Travis Samuel Jet Fuel/Norco
- **3.** J-S Sensation Stevens Racing p/b The Cyclery

Elite/Masters Women

- 1. Annie Forman-Mackey
- 2. Audrey Bernard
- 3. Catherine Dessureault

Masters Men

- 1. Robert Orange
- 2. Kevin Lockhart
- 3. Patrick Pelda

Organizers said that, including the men's and women's masters races and

elite races, about 150 riders took part, with only one rider suffering a fall.

metronews.ca
Monday, June 17, 2013

NEWS

05

Asia

After months of threats, N. Korea wants to talk

After months of threatening to wage a nuclear war, North Korea issued a surprise proposal Sunday to the United States: Let's talk.

But the invitation comes with caveats: No precon-

ditions and no demands that Pyongyang give up its nuclear assets unless Washington is willing to do the same — ground rules that make it hard for the Americans to accept.

Washington responded by saying that it is open to talks — but only if North Korea shows it will comply with the UN and live up to its international obligations. THE ASSOCIATED PRESS

U.S. surveillance

Top names defend government's data-collection program

Current and former top U.S. officials on Sunday defended the government's collection of phone and Internet data following new revelations about the secret surveillance programs, saying the operations were essential in disrupting terrorist plots and did not infringe on civil liberties.

In interviews on Sunday, guests ranging from Barack Obama's chief of staff Denis McDonough to Dick Cheney said the government's reliance on data collection was constitutional and carefully overseen by authorities.

THE ASSOCIATED PRESS

Information security

Ottawa wants 11 more agencies to stay quiet forever

The prime minister's national security adviser, lawyers who work on terrorism cases and analysts in the Privy Council Office would be forever forbidden from discussing sensitive

aspects of their work under proposed new rules. The Harper government wants to pull the cloak of eternal secrecy over past and present employees of nine federal agencies and two now-defunct branches.

They would join over 12,000 already covered by provisions forcing them to take the secrets of their work to the grave.

THE CANADIAN PRESS

Trudeau: I'd 'pay all the money back'

'I am going to fix this'.

Liberal leader, despite insisting he's done nothing wrong, says he's willing to compensate charities who paid him

Justin Trudeau is promising to compensate all groups that paid him hefty speaking fees to participate in fundraising events since he became an MP.

The Liberal leader said Sunday he'll either give back the fees or find some other way to "make it right."

He could, for instance, give charitable groups donations equivalent to the fees charged or agree to appear at future fundraisers for free.

"I'm willing to pay all of the money back, if that's what it comes to," Trudeau told CTV. "But I am going to fix this."

Trudeau has been under fire since Friday, when it

Quoted

"I trust Canadians. I value their opinions. And now that I've heard them, I'm going to act."

Liberal Leader Justin Trudeau, acknowledging the public backlash to the disclosure of his personal finances

emerged that he'd refused to reimburse the Grace Foundation, a New Brunswick charity that lost money after paying him \$20,000 to speak in June 2012

Trudeau stressed Sunday that all his speaking engagements were cleared by the federal ethics commissioner, that he never used any parliamentary resources and that none of the money he earned went to finance his leadership bid.

"I'm doing this not because I'm worried that I did something wrong, because I didn't. Everything was done exactly according to the rules."

THE CANADIAN PRESS





Assange slams U.K. for Snowden exclusion

Julian Assange, left, appears with Ecuador Foreign Minister Ricardo Patino at the Ecuadorian Embassy in London, Sunday. After it was revealed Britain warned airlines not to allow Edward Snowden, who leaked info on secret U.S. surveillance programs, to fly to the U.K., Assange on Friday said, "The United Kingdom doesn't want to say no to the United States under any circumstances."

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Montreal. 3 men in their 60s arrested in heist plot

Three men in their 60s face charges after police cracked an alleged plan to rob at least one armoured truck and had to destroy a possible bomb found in a Montreal apartment.

Police arrested the trio, aged 62, 63 and 65, on Friday and the suspects were expected to appear in court on Monday.

It was the first link of a chain of events that would end with a controlled explosion early Sunday. The device was found in a building where a number of retired and semi-retired tenants

reportedly live.

Montreal police spokesman Const. Daniel Lacoursiere says that robbery squad detectives in the Major Crimes Division had been investigating a possible heist for four months.

After the arrests, raids were carried out in Montreal and nearby Repentigny. In one Montreal raid, detectives made a startling discovery.

a startling discovery.

"They found inside this apartment what they thought was an explosive device," Lacoursiere said. THE CANADIAN PRESS

Military. Army worried about anniversary booze

The Canadian Army is all for its soldiers raising a glass to toast upcoming milestones, as long as nobody thinks there's a product endorsement going on.

And anyone in the general public who would like a sip will remain thirsty unless someone in uniform is willing to share.

National Defence recently issued guidelines to govern the production and sale of commemorative beer, wine and spirits for the splash of celebrations expected next year.

In 2014, the Princess Patri-

cia's Canadian Light Infantry, the Royal 22e Regiment, Royal Montreal Regiment and Regiment du Hull will all mark the 100 years since their formation. Older units are in the midst of their 150th anniversary.

A spokeswoman for the army, Colleen McGrann, said on Friday the department issued guidelines, including limiting the sale to within the military, and requiring associations to ask for permission to use regimental logos.

THE CANADIAN PRESS

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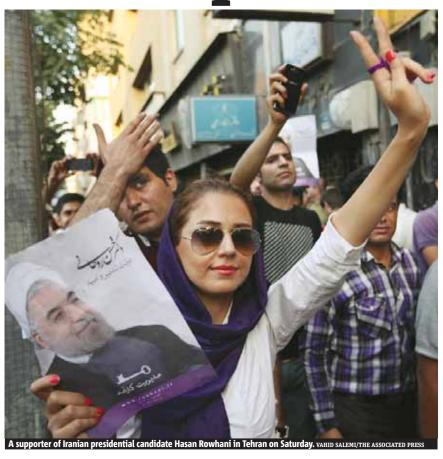
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metre 06 NEWS metronews.ca Monday, June 17, 2013

New hope for moderates in Iran



For a lesson in what Hasan Rowhani's reformist-backed presidency could mean for Iran, a promise on Sunday by the ultra-powerful Revolutionary Guard to co-operate with him is a good start.

Like the rest of Iran's ruling Islamic establishment, the Guard, which has kept a tight lid on any hints of opposition for years, is for the moment embracing Rowhani, even though he is almost certain to return once-silenced moderates into the political fold and restore the voices of liberal-leaning Iranians, who danced in the streets after his stunning election victory.

The reason: in one of the more curious twists of Iranian politics, the opposition's accidental hero, Rowhani, could also become a lucky charm for the ruling system.

His surprise victory allows the Islamic leadership to seek a bit of legitimacy among liberals and others who felt they were exiled off the political map after crackdowns following massive protests in 2009 over the disputed re-election of the now-exiting Mahmoud Ahmadinejad.

"They counted my vote!" some Rowhani supporters chanted in a mix of celebration and shock after the announce-

Hold or

The clock is still ticking on nuclear march: Israel

The surprising victory of a reformist candidate in Iran's presidential election has put Israel in a difficult position as it tries to halt the Iranian nuclear program. With Hasan Rowhani likely to enjoy an international honeymoon, Israel could have a hard time rallying support for new sanctions — or even mil-



itary action — against its arch foe. "The international community must not become caught up in wishful thinking and be tempted to relax the pressure on Iran to stop its nuclear program," said Israeli Prime Minister Benjamin Netanyahu. THE ASSOCIATED PRESS

ment of the results from Friday's election.

Rowhani's mild manifesto — sprinkled with words like "moderation" and "dialogue" — could also provide a honeymoon period for the leadership as a whole. Factions in Israel and the U.S. that have promoted military options against Iran's nuclear program may find themselves in search of an audience, with Rowhani easing

Interviewed on the Amer-

ican CBS TV network, White House chief of staff Denis McDonough called on Rowhani to follow through with his plan to improve relations with the West. "I see it as a potentially hopeful sign," McDonough said.

Iranians danced in the streets Saturday night and Sunday. Many saw the win as a slap to the ruling clerics, sending a message that they can't keep the opposition down.

THE ASSOCIATED PRESS

Pakistan. Two anti-polio health workers killed on a vaccination drive

Gunmen killed two antipolio workers in northwest Pakistan on Sunday, police said, in the latest violence directed at efforts to eradicate the disease from the country.

Two attackers shot the two Pakistani health workers while they were on a vaccination drive in rural Kandar village, said Swabi District Police Chief Mohammad Saeed. The gunmen arrived on foot and then disappeared, he said.

No one claimed responsibility for the attack. Some Pakistani militant groups oppose the vaccinations and accuse the workers of spying for the U.S. They point out the case of a Pakistani doctor used by the CIA to collect blood samples of the family of Osama bin Laden in order to track him down and kill him in 2011.

Islamic militants also try to block inoculation campaigns by portraying them as a conspiracy to steril-

Security concerns

The World Health Organization said in late March that some 240,000 children have missed UN-backed vaccinations against polio because of security concerns in Pakistan's tribal regions bordering Afghanistan.

 The WHO said health workers have not been able to immunize children in the North and South Waziristan regions, Taliban strongholds, since 2012.

ize people and reduce the world's Muslim population. Over the past year, nearly 20 health workers from the anti-polio campaign have been killed

Pakistan is one of only three countries, along with Afghanistan and Nigeria, still affected by the polio virus. THE ASSOCIATED PRESS

Turkey. Handling of protests to test Obama's relationship with PM

Government crackdowns against protesters in Turkey could test the close ties between U.S. President Barack Obama and Turkish Prime Minister Recep Tayyip Erdogan, a strategically important U.S. ally in a tumultuous region.

Erdogan said Sunday it was his "duty" to order riot police to evict activists occupying an Istanbul park that became a centre of defiance against his rule.

The demonstrations in Turkey, now in their second week, cropped up after Erdogan's visit to the White House last month, which highlighted a variety of issues on which the U.S. needs Turkey's help.

They include quelling the violence in Syria, stabilizing Iraq and stemming Iran's nuclear ambitions.

THE ASSOCIATED PRESS



Sarajevo

One child killed, four injured by land mine

Police say five children accidentally set off a land mine while playing in Bosnia and that one was killed and the others injured.

The explosion happened on Sunday in Hadzici, a suburb of Sarajevo.

A spokesman for the Sarajevo Kosevo hospital said the boys were injured in their abdomens, eyes and arms.

Bosnia's 1992-95 war left the country filled with buried land mines.

THE ASSOCIATED PRESS

Cairo

Cleric sentenced over Bible burning

A Muslim cleric received an 11-year suspended sentence on Sunday for tearing up and burning a Bible. It was a rare prosecution over attacks on faiths other than Islam. THE ASSOCIATED PRESS

South Africa

Mandela's health improving

Former South African President Nelson Mandela is engaging with his family and seeing improvement from the recurring lung infection that forced him to spend a ninth day in hospital on Sunday

Sunday.

President Jacob Zuma said Mandela remains in serious condition, but over the last two days his doctors have said he is sustaining the improvements to his health.

THE ASSOCIATED PRESS

EgyptAir

Passengers seek asylum in U.K.

Five passengers from an EgyptAir flight — diverted to a Scottish airport over a threat to destroy the plane — are now seeking asylum in Britain. The New York-bound flight made an emergency landing on Saturday.

THE ASSOCIATED PRESS

Huh? Tourist guides told to glorify Senate, scorn multi-party system?

Manual. Students trained to defend 'Canada's second, not secondary, chamber' by pointing out Senate is inexpensive to run

Summer students hired as tourist guides for Parliament Hill and area have been trained to praise the Senate and disdain democracies with three or more political parties.

A training manual for the 2013 summer season features an eyebrow-raising section about the value of the Senate, now embroiled in expense scandals and ethical breaches.

"Senate investigations are usually of a higher standard than those by committees of the House of Commons," says a 39-page manual on Canada's political system.

Each spring, 25 bilingual

university students are tested on the contents of the manual, which is designed to prepare them for questions from thousands of tourists.

A copy, stamped Summer 2013, was obtained after a request under the Access to Information Act to the National Capital Commission, which directs the guide program.

The politics manual also contains a section that touts the benefits of a two-party system, unlike the multi-party hue of the current House of Commons. "In a multi-party group system the voter is liable to be confused by a variety of competing issues and solutions," it advises trainees.

"There is however a bad side," it acknowledges. "Often, the successful party leader is the man or woman who can dangle the largest possible number of carrots in front of the noses of the largest possible number of donkeys."

THE CANADIAN PRESS



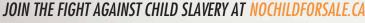
Tourists pause to take pictures as they visit Parliament Hill in Ottawa. Summer students hired as tourist guides for Parliament Hill and area have been trained to praise the Senate and disdain democracies with three or more political parties. SEAN BUILDINGS (FIRE CAMADIAN PRESS)

Going, going.

An official of the National Capital Commission said the branch responsible for training student ambassadors "is aware that sections ... are out of date" and "include information that is not accurate"

- The commission's media spokesman, Jean Wolff, says the manuals are being phased out in favour of digital resources displayed on iPods, with information vetted by an external committee.
- The Canadian Heritage Department will take over the student guide program and other of the commission's events as of Sept. 30, a move the Harper government says will make the events more nationally focused.









metr⊕ **BUSINESS**

N.Y.C. Russian tycoon aims to meld minds and machines

Can the City That Never Sleeps become the City That Never Dies? A Russian multimillionaire thinks so.

Dmitry Itskov gathered some of humanity's best brains — and a few robots — at his Global Future 2045 conference in New York City on Saturday to discuss how humans can get their minds to outlive their bodies. Itskov, who looks younger than his 32 years, has an aggressive timetable in which he'd like to see milestones toward that goal met:

- By 2020, robots we can control remotely with our brains.
- By 2025, a scenario familiar to watchers of sci-fi cartoon show Futurama: the capability to transplant the brain into a lifesupport system, which could be a robot body. Essentially, a robot prosthesis that can replace an ailing, perhaps dying body.



City. THE ASSOCIATED PRESS · By 2035, the ability to move the mind into a computer, eliminating the need for the robot bodies to carry around wet,

conference on Saturday in New York

messy brains. By 2045, technology nirvana in the form of artificial brains controlling insubstantial, hologram bodies. THE ASSOCIATED PRESS

Members of Oxfam wear masks depicting G8 leaders in Belfast, Northern Ireland, on Sunday, a day ahead of the start of the G8 summit. Oxfam said that G8 leaders must cook up the right deal to fight hunger and poverty by tackling tax dodging. The masks depict, from left, U.S. President Barack Obama, German Chancellor Angela Merkel, Italian Prime Minister Enrico Letta, Japan's Prime Minister Shinzo Abe, Britain's Prime Minister David Cameron, French President Francois Hollande, Russian President Vladimir Putin and Prime Minister Stephen Harper. Peter MORRISON/THE ASSOCIATED PRESS

At G8, underlying worry is whether recovery lasts

BP oil spill. As cleanup patrols end, tar balls keep washing up on beaches

Finding tar balls linked to the BP oil spill isn't difficult on some Gulf Coast beaches, but the company and the government say it isn't common enough to keep sending out the crews that patrolled the sand for three years in Alabama, Florida and Mississippi.
Tourist John Henson of At-

lanta disagrees, particularly after going for a walk in the surf off Gulf Shores, Ala. last week and coming back with dark, sticky stains on his feet.

Henson said there were plenty of tar balls to remove from the stretch of beach where he spent a few days, regardless of what any company or government agency might say.

Environmental advocates and casual visitors alike are questioning the coast guard's

"I was out there vesterday and stepped all in it."

The patrols ended this month as coastal monitoring reverted to the way it operated before the spill: The coast guard investigates beach pollution reported by the public, and conducts cleanup operations as

Northern Gateway

Panel to hear final arguments on pipeline

The proponent and opponents of the Northern Gateway pipeline will make their final pitches to a federal review panel starting Monday, at the last set of hearings before the panel issues its decision. The controversial project would link the Alberta oilsands to a tanker port in Kitimat, B.C. THE CANADIAN PRESS

Tourist John Henson, who encountered tar balls last week in the surf off Gulf Shores, Ala. decision to quit sending out BP-

funded crews that have looked for oil deposits on northern Gulf Coast beaches on a regular basis since the 2010 spill spewed millions of gallons of oil into the Gulf after an explosion and fire that killed 11 workers.

needed. THE ASSOCIATED PRESS

New Zealand

Google launches Internet-beaming helium balloons

Google is launching Internet-beaming antennas into the stratosphere aboard giant, jellyfish-shaped balloons with the lofty goal of getting the entire planet online. Eighteen months in the works, the top-secret project was announced in New Zealand, where up to 50 volunteer households are involved. THE ASSOCIATED PRESS

Northern Ireland.

Summit's agenda focuses on tax evasion and trade, but backdrop to talks is fraught global outlook

Europe is mired in debt and Financial marrecession. hit violent ups kets have and downs on fears that U.S. stimulus efforts may soon be scaled back. Japan is finally looking up after years of stagnation - but it remains an open question if the recovery

That's the global economy that will confront the heads of the Group of Eight leading economies as they gather Monday and Tuesday for their annual summit in Northern

British Prime Minister David Cameron will serve as summit host for U.S. President Barack Obama and the leaders of Germany, Italy, Canada, France, Japan and Russia. At the top of the agenda: new cooperation to fight tax evasion and increase transparency among governments. Also on the table will be how much help to give to rebels in Syria, and a push for lower trade barriers between the United States and the European

On the sidelines and over dinner, it's expected that the discussions will broaden to include the election results in Iran and data protection, following revelations about a U.S. counterterror surveillance program.

As always, the summit

Top of mind

- For all the G8 participants, the most unsettling shift is the possible end of the U.S. Federal Reserve's massive monetary stimulus.
- The Fed's injections of money into the economy through bond purchases, known as quantitative easing, had helped send

markets have whipsawed since May 23, when Fed chairman Ben Bernanke said that the U.S. central bank might slow its drive to keep long-term borrowing costs low in the coming few

• But global stock and bond

markets soaring.

months.

takes place under heavy security, guarded by 8,000 police backed by water cannon. The venue itself is surrounded by extensive security fences, and on three sides by water. There's only one access road to the closest town, Enniskillen, some eight kilometres away.

Since last year's G8 meet-

ing at Camp David in the U.S., there has been a modest economic upswing throughout the developed world and prospects are brighter after five years of turbulence and recession. Yet despite progress, the economic outlook remains fraught with uncertainties.

THE ASSOCIATED PRESS



The Solar Impulse takes flight at dawn in Phoenix, Ariz., on May 22 during its cross-continental journey THE ASSOCIATED PRESS FILE

Solar plane nears journey's end

A solar-powered plane nearing the close of a cross-continental journey landed at Dulles International Airport outside Washington early Sunday, only one short leg to New York remaining on a voyage that opened in

Solar Impulse's website said the aircraft with its massive wings and thousands of photovoltaic cells "gracefully touched down" at 12:15 a.m. EDT after

14 hours and four minutes of flight from Cincinnati, Ohio, to Dulles in Washington's Virginia suburbs.

Pilot Bertrand Piccard was at the controls for the last time on the multi-leg Across America journey that began May 3 in San Francisco. His fellow Swiss pilot, Andre Borschberg, is expected to fly the last leg from Washington to New York City's John F. Kennedy International

Airport in early July, the web-

The single-seat plane, considered the world's most advanced sun-powered aircraft, is powered by about 12,000 photovoltaic cells that cover its enormous wings and charge its batteries during the day. It flies around 65 km/h, weighs about as much as a car and can't go through clouds.

THE ASSOCIATED PRESS

VOICES

LRT: SUMMER'S BLOCKBUSTER

\$21-million Bob Chiarelli joint.

argue that none of the bloated sequels that would

A sequel was originally slated for 2009, but did

follow have so far managed to top this spirited

not long survive Chiarelli's replacement in the

director's chair by upstart Larry O'Brien. With a

budget creeping dangerously close to \$1 billion,

O'Brien hit the reset button and scrapped the

north-south travelogue in 2006. He would later

go on to apply his dark comedic sensibility to the

2008 transit-strike epic, Dude, Where's My Bus?

in directors preceded LRT: Confederations, a

12-kilometre extravaganza unveiled last year

with an unprecedented budget of \$2.13 billion.

More casting changes and yet another switch

No summer blockbuster season would be complete without yet another instalment of the bigbudget phenomenon that's weathered more reboots, sequels and critical drubbings than any

I refer, of course, to the LRT franchise, and not the Lord of the Rings trilogy, which after all only cost \$280 million. No, it can be none other than our own long-running domestic drama, Light

We've been riveted for years by this compelling story about the gridlocked capital city of a nation historically united by rail as it struggles to break its crippling, emission-spewing dependency on buses and private vehicles.

And what a long way we've come from 2001's sexy sleeper hit LRT: The Story of O-Train. The original became a cult favourite among Carleton students and south end commuters, but critics with planes to catch at Macdonald-Cartier complained the running time was a little short. Nonetheless, many



Steve Collins

ottawa@metronews.ca

With a peak-period capacity of more than 10,000, this crowd-pleaser seemed designed to put plenty of bums in the seats. Reviews have been mostly favourable so far, but as with the amusement-park adaptations of Jurassic Park and Jaws, ticket buyers from Tunney's Pasture to Blair Station are reserving

judgment until 2018, when they can actually experience the ride.

In this business, they say, you're only as good as your last megaproject, and today at city hall, audiences can catch a preview of the second J.J. Watson-helmed outing, LRT: Into Westboro, from 3 until 8 p.m. Hear the latest spoilers, meet members of the cast and crew, and, who knows, maybe even have your say - after you remind them that it's your money riding on this turkey, after all.

The \$980-million project has already been hastily re-cut after the earlier draft scandalized some viewers at an advance screening back in April. Worse, it received the dreaded NCC-17 rating for its graphic views of exposed trains and gratuitous scenes of greenspace despoilment.

In the new version, some of the more egregious full-frontals have been replaced with more discreet imagery of trains going into tunnels, but you still get the idea. Whether these edits are enough to smooth over the outrage remains to be seen.

Expect many more plot twists and stunning reversals in this stop-and-start thrill ride. With sequels planned into 2031, we can be assured the LRT franchise will be engrossing, enthralling and sporadically enraging audiences for years to come.

ZOOM

It's all fur the exhibition



Taking a leap of four-legged faith

White Swiss shepherd dogs Kenai, left, and Yasu jump into the water during the dog diving competition at the International Pedigree Dog

and Purebred Cat Exhibition in Erfurt, central Germany, on

Four thousand dogs and 150 cats from 20 countries were shown at the



Anything's paw-sible

The event has been showcasing pets since its inception in 2000, and as of last year turned into a trade

Psst.... If you are looking for a way to prevent that pesky NSA from checking up on you, you can look into some of the many apps and add-ons that have been gaining in popularity because of their claims to protect your privacy. Here are just a few:

RedPhone:

Developed by Open Whisper Systems for Android, RedPhone's calls are encrypted between two users. They also have a text version: TextSecure

Silent Circle:

You can join the circle of people who are already using Silent Circle's many data blockers. This one is for use on Android iPhone, iPad and Windows and also lets you connect privately to people who aren't in the secret circle.

DoNotTrackMe:

The web add-on claims to put a lid on commercial web tracking from outside parties who come along and scoop your online trail, even if it is just playin MouseHunt and creeping Facebook.

Seecrypt:

For iOS and Android, Seecrypt is an app aimed at letting you call and text with others who use the service without have ing to worry about Big Brother looking over your shoulder, METRO

RE: Parliament Hill Tourist Guides Trained To Praise And Defend The Senate, published online June 16

The content of this article does not support the sensationalist headline. The NCC is not training an army of apologists or propagandists, they are training a group of young Canadians to provide information to visitors about Canadian governance (amongst many other topics).

What would have been sensational is if they had trained these

summer students to greet visitors with a stinging indictment of the Upper Chamber or, for that matter, any other aspect of our governmental systems.

It should not, therefore, be seen as an apology for the Senate and its current troubles, nor a manifesto on what the Senate should be, but rather as what it is: a training manual intended to allow summer students to greet visitors with basic information about how Canada's government works.

Kris T posted to metronews.ca

VE WANT TO HEAR FROM YOU: end us your comments: ottawaletters@metronews.ca



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10 SCENE metronews.ca Monday, June 17, 2013

Taking the time to reward entertainers for excellence in their fields is nice and everything, but everyone knows awards shows are really all about the red carpet. The MuchMusic Video Awards are no different:

METRO



MMVA red carpet looks



Taylor Swift.Black and White and Red hot

Despite being in the middle of a tour (she performed the night before to a bajillion teen girls at the Rogers Centre) Taylor looked lovely as always.

ALL PHOTOS THE CANADIAN PRESS



Studded brass knuckles, two watches, and what appears to be a cranky sumo wrestler pendant might appear to be too much, but Kardinal keeps it together with a simple polo shirt. ALL PHOTOS THE CANADIAN PRESS

Ed Sheeran.Let's go Blue Jays let's go

The folk-pop favourite went for local with a vintage looking (all the way in '93 era?) sports tee. Looks like the ladies approved.



Marianas Trench.

Swimming choices

Every party needs someone to wear the proverbial lampshade. The MMVAs got four with these fetching mermaidman rockers.

Snow. The short-long of dresses(in a classy way)

Oooh la la! This actress/singer kept things simple in this polka-dot variation on the little black dress.

Online

Want all the behind-thescenes action from the MMVAs? Visit metronews.ca for more on last night's show.



And the winners are ...

- Video of the year. Inner Ninja - Classified ft. David Myles Director: RT! Half Life Records/ Universal Music Canada
- Dance video of the year. The Veldt – deadmau5 ft. Chris James Director: Manroop Takhar; Joel Zimmerman Ultra Music/Universal Music Canada
- Pop video of the year. Desperate Measures – Marianas Trench Director: Kyle Davison 604 Records/Universal Music Canada
- Rock/alternative video of the year. Stompa – Serena Ryder Director: Natalie Rae Robison Serenader Source/Universal Music Canada
- Hip hop video of the year. Started From The Bottom – Drake Director: X Universal Music Canada
- Viral video of the year.
 Gangnam Style PSY
 Director: Lee Bo Young
 Universal Music Canada



Fabulous Las Vegas just got fabulous...er.

College: as told by a misfit and a monster

Monsters University.

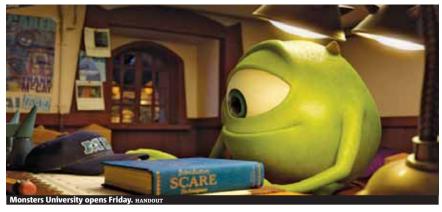
Billy Crystal sees parallels between his own NYU stint and his character's university experience



NED EHRBAR

Billy Crystal has played a lot of memorable characters Harry in When Harry Met Mitch in City Slickers, Miracle Max in the Princess Bride — but after nearly 40 years in the business, he has a clear favourite from his repertoire: Mike Wazowski, the one-eyed green ball from Monsters, Inc.

So naturally the idea of reprising the role was one he welcomed. "Mike is fearless. He's really the favourite character I've ever played in anything I've done. I've really missed doing him," Crystal says. But Crystal soon learned



that in reprising Mike, he wasn't going to be doing any ordinary sequel. The pitch came short and sweet from Pixar and Disney Animation

chief John Lasseter. "It was at John's 50th birthday party, and (he) said, 'We have the idea. It's a sequel, but it's a prequel. They're in college.' And he just walked Crystal remembers.

"But he left an idea, and I went, 'Oh, this is gonna be great.'"

The film finds Monsters, Inc. buddies Mike and Sully (John Goodman) as just out of whatever the monster equivalent of high school is and not even acquaintances yet. In fact, a main conflict of the prequel is how much they initially don't like each other as they

navigate the world of college While Sully is a hulking jock coasting on his natural abilcoasting on his natural ities and family name, Mike is more of an outsider. That was something else Crystal found

easy to relate to.
"I have to admit, I was a little bit of a misfit," he re-

"I was a film-directing major at NYU. I'm still not sure

why I became a directing major when I was really an actor and a comedian, so I felt like I was a misfit, in a way, because was a linsin, in a way, because all those other people — it was Oliver Stone, Christopher Guest, Mike McKean — were film people. Our professor was Marty Scorsese. Mr. Scorsese, which is what I had to call him — which I still do, when I see him, because he

Much as some valuable introspection and adversity points Mike to a career path he hadn't considered, Crystal soon found something he was better suited for than directing.

"Once I found a theatre group, then that becomes your fraternity house," he

"That really becomes your thing. In this movie, they find out who they are. That's the most important element of this movie to me: Mike has a dream, and the dream may not work out, and then he has to readjust and recalibrate. So for me, that really happened

Crystal confessions

Things that go bump in the night

The world of Monsters University is fuelled by screams and fear, harvested from unsuspecting human children, and to do the job properly
— as Billy Crystal's Mike learns in the animated prequel — you have to really know what's going to scare someone. Which begs the question, what scares Crystal himself? Turns out he's afraid of the dark. "I still don't love the darkness, though I've learned to smile in it a lit-tle bit now and then," he admits, letting his usual quippy demeanor falter a bit. "The unknown has always been a little scary when you think about those things, especially as you get older. Boy, that got heavy.

Kneel before the old Zod

In his storied, 50-year career as an actor, Terence Stamp has had few roles as memorable as the villainous General Zod in 1980's Superman II, directed by Richard Donner, And while Zod plays a major part in Zack Snyder's update on the Superman story, Man of Steel (played this time by Michael Shannon), Stamp worries the new film

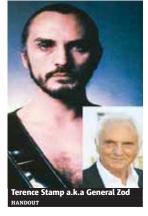
won't measure up.

"I'm kind of sad, but to be honest with you I think Dick Donner's Superman movies were the benchmark, really," says Stamp, who cautions that he hasn't seen Man of Steel yet — and probably

won't.

"I mean, every kind of comic book movie of that genre took from those first two Superman movies, you know? So I would be very sur-prised if it was as funny and as sophisticated, but then the youth of today is not inter-ested in that. I think if Donner's movie came out now, it wouldn't be as charming as it was then."

Stamp remains proud of the work he did for Donner taking



on Christopher Reeve's Superman, which is good since the legacy won't be leaving him

anytime soon.
"I mean, in London, there's never a day that passes that somebody doesn't come up to me and say, 'Kneel before Zod.' And they're all about 45," he says with a laugh.

It's a bird, it's a plane ... no ... it's Man of Steel's

ticket sales!

Box office

Man of Steel leaped over box office expectations in a single weekend. The Warner Bros. superhero film earned \$113 million in its opening weekend at the box office, according to studio estimates

Sunday. The Superman tale starring Henry Cavill and Amy Adams earned an additional \$12 million from Thursday screenings, bringing its total to \$125 million. Original expectations for the film ranged from \$75 million to \$130 million.

Sony's This Is the End opened in second place with \$20.5 million in its opening weekend. The apocalyptic comedy starring Seth Rogen and James Franco opened Wednesday, banking a total of \$32.8 million. In its third weekend,

Now You See Me earned \$10 million in third place. bringing its total to \$80

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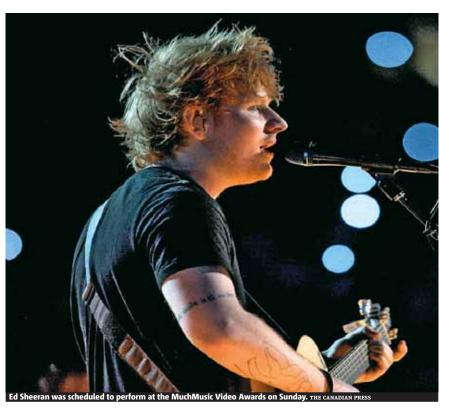
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metr⊕ **SCENE**



Brit Ed Sheeran ioins the A-team

All about the music.

Young singer says that his newfound fame is still strange — but he's got a good guide in Taylor Swift

At the recent Billboard Music Awards, Ed Sheeran strummed his tender ballad Lego House on a candlelit stage wearing a plain black T-shirt, then went back to his seat in the audience next to buds Taylor Swift and Selena Gomez. Later, he tweeted: "Dunno if I fit in tonight but I enjoyed it, now to

It's a familiar feeling for the 22-year-old British breakout, who moved to the U.S. last year to further his career in North America after striking it big in the U.K. with the folk-hop debut + and, despite the major opportunities arriv-ing with furious frequency on his doorstep, still isn't used to such glitzy events.

"I'm not Hollywood in the slightest," the engaging Sheeran said in a telephone interview this week. "I come from a very small town in England (Halifax), growing up watching these sort of events on TV, and then you find yourself at these events. I don't really dress smart ever. And I don't really wear designer clothes. So I'm instantly a bit like, 'Oh (crap), I really should have dressed up for this."

Still, in his tour mate and friend Swift, he has a good guide to his newly surreal life.

'Taylor sat me next to her and Selena Gomez and they both have the same kind of mind state when it comes to those award shows - it's either have fun with your friends or don't go. I enjoyed it. I just felt there was a lot of ego

Is Sheeran happy to have avoided tabloid attention?
"I wouldn't mind dating a celebrity — that would be quite fun. You never know," he says with a laugh.

in the room. And I've never been a fan of ego. I don't think it's necessary."

Sheeran, who performed at Sunday's MuchMusic Video Awards, is on good terms with South Korean rapper Psy, who co-hosted the show. The two drank together in Las Vegas and London.

"He's a really, really nice guy—he can definitely handle his drink," Sheeran said, noting that hanging out with Psy is "kind of everything you'd hope it to be."

"He's a very big personality." the canadian press



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New album tested Black Sabbath's metal

Under pressure. Facing health issues, alcoholism and in-fighting, Osbourne and co. finally just got on with making 13

Ozzy Osbourne and the members of Black Sabbath worked hard to create a dark aura around their band in the late 1960s, laying down a protometal blueprint for a legion of groups to follow.

As the band's original lineup attempted to reform over the last 10 years to record a long-anticipated new album the first with Osbourne singing since he was fired in 1979 there was no need to manufacture that sense of doom. Time and again events conspired to interfere. On its latest attempt, things went more awry than usual. Drummer Bill Ward left the band over a contract dispute. Guitarist Tony Iommi was diagnosed with lymphoma. And Osbourne began to drink



again.
"Things always get messed
up," Osbourne said. "Like Bill
had the heart attack on one (in the late 1990s). When Tony got stricken by cancer, we went 'This is ... insane.' But he turned up every day. We all thought that if we don't get our march on with this thing we're going to be ... dead, by the next time we could all be ... dead. So we had to really march on with our project. We couldn't wait.

Sabbath releases the Rick

Rubin-produced 13 this week after more than two years of writing and recording and it's expected to debut at No. 1 on the Billboard 200. It's meant to be a return to the band's most powerful period — its defining first three albums Black Sabbath, Paranoid and Master of Reality released in 1970-71 and mostly succeeds with the help of Rage Against the Machine drummer Brad Wilk.

"When they started there was no such thing as heavy metal and it feels like the whole genre of heavy metal really is based on Black Sabbath," Rubin

Their popularity would eventually do them in. The quality of their music declined due mostly to drug abuse, and the band fired Osbourne after eight albums and 11 years together. Osbourne went on to a popular solo career and reality TV fame. And the remaining members of the band continued to play together in some combination over the years with other lead singers, most notably the late Ronnie James Dio.

metronews.ca Monday, June 17, 2013 DISH

p Goes the We



Is Leo chasing an Oscarwith yet another biopic?



STARGAZING Malene Arpe .cene@metronews.ca

Leonardo DiCaprio may be playing Rasputin in an upcoming biopic. And if that doesn't finally get him an Oscar, he'll keep the long beard, move to Russia and become Putin's very special

Taylor Swift went to visit Gwyneth Paltrow in London. And now she's never ever going to eat processed food again.

Jeremy Irons says he feels sorry for high-profile people accused of sexual **abuse.** Jeremy Irons's manager says he feels sorry for the sock he's had to stuff into his client's mouth.

Lindsay Lohan is reportedly spending her time at Betty Ford writing letters to friends and acquaintances. Dear Charlie Sheen; thank you for the last care package. I

particularly enjoyed the "cookies," the "toiletries" and the "not at all two baggies of meth." Love Lindsay.

Katie Holmes had dinner with Gloria Steinem.

While that may seem odd, they had plenty of things to talk about as Gloria, of course, is concerned with women's freedom and autonomy and Katie recently discovered that those two things actually exist.

Russell Brand says he became a mailman because he figured he'd get a lot of sexy time along **his route.** It didn't work out that way and neither did his becoming a pizza delivery guy, a home repairman and a fire fighter who never wears

It's looking more and more like Katy Perry and **Robert Pattinson are** dating. She really likes his looks and sense of humour and he likes that she's not his cheating, contractuallyobligated-to-fake-date co-star.

Jennifer Aniston has had a chicken coop built on her new estate. Not to be outdone. Gwyneth Paltrow immediately begins writing a book about that one time when she invented eggs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



It's a girl for Kim and Kanye ... and she looks just like her mom

Kim Kardashian gave birth to a baby girl Saturday morning in Los Angeles, sources confirm to People magazine.

The baby, a first for Kardashian and boyfriend Kanye West, was believed to be due in July but arrived early, just days before the release date of West's new album, Yeezus. Sources says West was by Kardashian's side for the labour and delivery.

Kardashian and West welcomed their daughter at Cedars-Sinai Hospital, and the new arrival already resembles her mom, a source tells E! News. "She looks just like Kim," the source says.

There has been no official word on a name for the little girl, but Kardashian reportedly told friends and family prior to the birth that her daughter's name "will start with a K."



Phillippe wants his kids to do something more 'meaningful' than acting

Ryan Phillippe says he and Reese Witherspoon aren't necessarily thrilled about the prospect of their children following them into the business, he tells E! News.

"I don't mean to dismiss or demean our industry, but I'd

like to see them do something a little more meaningful and important," he says. "If I had the education and what they have offered to them as kids, I may have gone a different way.'



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There's no short cut. Even Batman has to do crunch-

Stamos still thinks about 'the one that got away'

John Stamos reveals that before he and Lori Loughlin played husband and wife on Full House, they actually dated briefly in real life — and the memory has stayed with him.

"We were friends, we were on the soaps together and we actually did date," Stamos says during a Huffington Post live chat.

"We went on a date to Disneyland before, you know, before we were both married. In real life, when we were 18, 19 years old. We did have some off timing, but no disrespect to her family and her husband now, I would say that she could be the one that got away."



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16 FAMILY metronews.ca Monday, June 17, 2013

Travel Tidbit

Vital checkpoints



IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

Realizing you forgot your passport at the hotel or your iPhone in a cab is extremely stressful, especially when travelling with kids. Here are checkpoints for any traveller.

Airplane seat pockets

Never put anything in the airplane seat pocket that you want to have with you when you leave the plane. Keep a bag under the seat in front of you with these items.

Hotel Rooms

Do a room check every time you leave, including bath-

room, closet, dresser drawers, even when you are sure you didn't put anything there little hands move things.

Taxi Cabs

Resist taking items out in the cab but upon leaving, take a good backward glance in case phones, wallets or other valuables have fallen out of your pocket or purse.

Airport Security

We're used to "stripping

down" for security, but double check that phones, wallet, belts, passports are with you.

Restaurants

Do what's known as the "mom check." Check the table, the floor, and all the chairs for forgotten items (those little hands again!).

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Kids are kicking it old school this season with bowling, bubbles and chalk among the hot items as the weather continues to warm up—at least according to the Canadian Toy Association, which held a summer event highlighting this very important topic

THE CANADIAN PRESS



Jeffrey Versluis, 12, plays with an oversized inflatable bowling set. THE CANADIAN PRESS/MICHELLE SIU

Oversized inflatable bowling set

Bring the bowling alley to your backyard this summer with this giant set of bowling pins and bowling ball.



toys of summer

Bubbles

The Canadian Toy Association chair Kerry George said bubbles continue to be big with the younger crowd, from colourful solutions with the traditional built-in wand to machines cranking out the globules at the push of a button.



Hayden Ruscio, 6, chases bubble, which make colourful patterns if they burst on paper.

THE CANADIAN PRESS/MICHELLE SIU



Lauren Burton, 7, draws with chalk using one of 56 chalk colours. THE CANADIAN PRESS/MICHELLE SIU

Chalk

For the more artistically inclined, sidewalk chalks in a multitude of hues — and even glittery varieties — will keep pavement Picassos occupied.

Airplanes and other contemporary toys

Boys still love planes, cars and trains. One notable difference among some contemporary toys is the use of eco-friendly materials, like the PVC-free Green Toys Tractor crafted from recycled milk jugs.



Sasha Denis, 11, launches an airplane. THE CANADIAN PRESS/MICHELLE SIU

Inflatable playground set

Who doesn't love the feeling of going down a slide? With inflatable playground sets, kids can enjoy the feeling in their own backyard.

Aliyah Reisch, 6, plays on an inflatable playground set.



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Monday, June 17, 2013

WORK/EDUCATION 17

Evolution of the internship. Placements not only for the young



find themselves vying for a tech internship after their careers have been wiped out by the digital age. HANDOUT

The process of hunting for, securing and ultimately completing an internship in a desired career field has evolved into a stressful reminder of the hurdles that await potential job seekers post-college graduation.

The recent release of the summer blockbuster, The Internship, starring Vince Vaughn and Owen Wilson, glamorizes one of the business world's most sought-after internships while lampooning the plight of two 40-year-olds who land a college tech geek's dream job — internships at Google. In the current business landscape, the movie's premise might not entirely be Hollywood fiction.

Michael Crom, executive vice-president of Dale Carnegie Training, evaluates trends in the business world, often working with companies to assess both paid and unpaid internships. As a leader of a global performance improvement, assessments and training company, Crom has seen the importance of internships, for both employer and intern, grow mightily in recent years.

The Internship is Hollywood satire, but is it reasonable to believe that companies could start hiring interns

Ch-ch-ch-changes

How have internships evolved over the last decade?

- "I think with the financial crisis, internships became more and more important," Crom says.
- "In some ways companies began to rely on interns in lieu of full-time and part-time people as a way to fill in some of the gaps that were created by the economic pressures. Many companies are putting a heavy emphasis on using this a screening too!"

who aren't college-aged?

I think you may see some older people doing it if they make a career transition. Not all employers will accept someone who is not a college-aged intern, but there are those that would take a 40-year-old intern and benefit from it. Sometimes if you're laid off, for example, you might have some continued compensation and it might give you a few months to take an internship that is unpaid. CHRIS LONGO, METRO WORLD NEWS

Work from 'om': Breathe in a better business model

Free your mind, the rest will follow.

How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN

Metro World New

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life. The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.

But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's really taking off. We asked her why.

Isn't it surprising that the corporate world is so open to meditation?

Well, successful businesses are extremely pragmatic. They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.



Keep calm and carry on

"There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again."

Mirabai BushFounder of the Center for Contemplative
Mind in Society

Which practices do companies find most effective?

It depends. We tailor work-

shops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others

It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's the graduate-level course?

I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

You mentioned that companies cite bottom lines, but what, to you, is the real payoff?

There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again. You begin to appreciate constant change.

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metronews.ca Monday, June 17, 2013

TWEET TWEET



Do you think before you tweet or do you not care which thoughts are in the air? Is

17,000 tweets and counting: The madam of media on social life

This girl's no Twit.

Twitter's Canadian director Kirstine Stewart chats about the company's move to Canada, how to tweet effectively, and how she hopes to encourage greater activity

Even before she officially joined the team at Twitter, the CBC's former executive vice-president of English services, Kirstine Stewart, was doing her part to boost the social network's profile in Canada.

The frequent Twitter user with nearly 17,000 tweets to her name proudly proclaims that she was the one responsible for convincing the always controversial and quotable Don Cherry to sign up for the social network last year.

On Thursday, she was trying to generate some more tweets in a more official capacity. Representatives from some of the biggest brands in Canada packed a convention room in Toronto for the official launch of Twitter Canada, where Stewart was joined by a host of "VITS" (very important tweeters) including Dragons' Den judge Arlene Dickinson and Montreal Canadiens defenceman PK Subban.

Since becoming the company's Canadian director a month ago, Stewart has announced big partnership deals with Bell Media and Shaw



Media.

What have you learned since joining Twitter?

I didn't understand how quickly the technology can move to benefit the user. It's been fascinating, when you think about Twitter only being seven years old. ... But I almost don't feel like I'm behind because there's always something new to learn.

How will you get Internet users who currently think Twitter isn't really for them to join in?

I think people in Canada, we're pretty technology (friendly); we're not fearful. I think the nice thing about all the different kinds of technology in Canada is we pick it up pretty quickly. There's obviously opportunities to develop more engagement on Twitter. In particular, creating great content will just drive people. It actually pulls them instead of driving them, they're actually pulled to great content. And I think

Is this platform passé?

According to a recent report by the Media Technology Monitor, based on surveys conducted in the fall with 4,001 anglophone Canadians, less than one in five Internet users said they were on Twitter in the past month, although those numbers had grown by 80 per cent in a year, up from just 10 per cent in 2011.

people will have a hard time avoiding Twitter.

You've held high-profile positions that could be jeopardized by a poorly worded tweet. How do you keep yourself out of trouble but stay interesting? How often do you think twice about a tweet and delete it instead of hitting send?

I don't think I've ever deleted a tweet mid-tweet. ... I think you know what to engage in and to not engage in. And I think it is (good to have) that great blend of personal and professional, but whatever you're putting out there on Twitter you've got to know that it's not just available to every Canadian, it's broadcast worldwide. There might be a level of caution but I think if there's authenticity, if you're true to yourself and you talk about things that matter to you, you're going to find people it also matters to as well. You just have to be real.

THE CANADIAN PRESS



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Monday, June 17, 2013

WORK/EDUCATION 19

'We've come a long way with our monsters'

Guys and dolls. This family business is fuelled by creativity, care and a spirit of companionship

Ray Tollison regularly stays up until 2 a.m. working at his company's headquarters — his Fort Collins, Colo., basement — while his business partners sleep. They need it. Tollison's

two partners in A Monster to Love, a company that makes plush monsters, are his twin sons, Sam and Ben,

The trio launched the company 18 months ago with an old Singer sewing machine and ideas that bubbled out of Ben, the lead designer (Sam spearheads the sewing). The boys were inspired by their collections of stuffed toys, including Uglydolls. They and their dad learned how to use the machine and hand-sew.

"If you were to see the originals, I mean, I can't believe people bought them,"

says Tollison, 43. "We've come a long way with our monsters."

Since Ben and Sam are fraternal twins, they wanted each plush monster to have a not-quite-exact duplicate, so they make them all in pairs. Buy one monster—they start at \$25—and A Monster to Love will donate the second to another child. They send them to hospitalized children, and to several local and international nonprofit groups.

So far, Tollison and the boys have donated more than 1,000 monsters.

More than 100 have gone to Realities for Children, says Jennifer Varner, marketing and events director for the non-profit group, which serves neglected and abused children in Larimer County, Colo. Knowing that their monster has a twin helps these children believe they're also not alone, she said.

"Every time they see one of those crazy little monsters, their eyes light up," Varner says. "We tell them the story that these other



children created the monster because they didn't

want them to be alone."
Often, buyers request that a monster go to a specific child. Katy Tychsen bought one for her daughter, Caroline, last year and

asked that its look-alike be sent to her niece, Maggie Quirk, a 12-year-old who was undergoing testing for seizures at a Boston hospital. Early this year, when Caroline, now 13, was hospitalized in Denver to have a tumour removed, Maggie's family in Marion, Mass., reciprocated: Caroline received A Monster to Love.

"Delivering a package at your door at the hospital, and it's this cute little mon-

The facts of life

- During the school year, Sam and Ben also sing in a children's choir, but spend much of their free time making monsters
- This summer, between camps, the boys plan to make more monsters to sell at weekly summer crafts markets
- Their toys are sold at amonstertolove.com, and on etsy.com.

ster — I think it's a great gig all around," says Katy Tychsen, of Fort Collins.

Helping a hospitalized child is partly what motivates Tollison to keep his late-night hours; so does working with his boys.

During the day, he's a website manager for World Relief, a humanitarian-aid organization, which also helps deliver some of the monsters.

THE ASSOCIATED PRESS



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metr⊕

Slide into barbecue season

Pineapple Salsa

- 1 can (375 ml/12 oz) pineapple tidbits
- 30 ml (2 tbsp) fresh lime juice
- 30 ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 1 ml (1/4 tsp) pepper flakes
- . 5 ml (1 tsp) sugar
- 1 jalapeno pepper, diced
- 50 ml (1/4 cup) each diced red pepper and red onion
- 15 ml (1 tbsp) each finely chopped cilantro and parsley
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper

Chicken Sliders

- 500 g (1 lb) ground chicken • 45 ml (3 tbsp) finely crushed saltine crackers
- 15 ml (1 tbsp) pineapple juice • 45 ml (3 tbsp) thick teriyaki sauce
- 5 ml (1 tsp) dried parsley
- 30 ml (2 tbsp) grated onion
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 125 ml (1/2 cup) thick teriyaki sauce (to use for glazing after sliders come off grill), plus more for basting
- 16 to 18 small slider buns



1. To make salsa: Drain pineapple tidbits, reserving 15 ml (1 tbsp) of liquid for sliders. Squeeze lime juice into glass bowl and add drained pineapple and olive oil. Stir in garlic, red pepper flakes and sugar. Stir veg and herbs into pineapple mix. Add salt and pepper. Refrigerate for at least 2 hours

2. In mixing bowl, place all ingredients except 125 ml (1/2 cup) teriyaki sauce and buns. Using hands, gently mix until all ingredients incorporated.

3. Form small meatballs and flatten in palm of your hand to make patties that are no larger than 7.5 cm (3 inches) in diameter. Place on parchment-lined baking sheet until ready to grill.

4. Grill chicken sliders, basting with teriyaki sauce on both sides. Cook sliders until a meat thermometer registers 74 C

5. Heat 125 ml (1/2 cup) teriyaki sauce and pour into a glass baking dish. When sliders come off the grill, place into warmed sauce to glaze.

6. Toast split buns, if desired, and place meat on buns. Top with pineapple salsa. Serve. THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHEL-LENBERG ET AL (HERALD PRESS, 2013).

Healthy eating

Choose it and lose it



While Freshii is typically known for its healthy choices, there are some menu items that boast an excess of calories, fat and sodium.



Equivalent

One Freshii Burrito with a whole wheat tortilla, brown rice, black beans, steak, jack and cheddar cheeses, avocado and ranch dressing is equivalent in fat to two 470 g McCain thin crust chicken and red pepper pizzas.



Freshii Burrito

1,036 calories /60 q fat /1,315 mg sodium

This burrito has close to a day's worth of calories, fat and sodium. The tortilla and rice exceed your calories and carbs in one meal. The other culprits are the beef, cheeses, avocados and ranch dressing.



Freshii Turkey Wrap

262 calories/11g of fat/1,077 mg sodium

The turkey is leaner than the beef and the salsa replaces the high calorie and fat ranch dressing.

Appetizer. Cheesy Sausage-Stuffed Jalapenos



1. Heat the oven to 400 F. Spray a rimmed baking sheet with cooking spray.

2. In a medium bowl, stir together the cream cheese, cheddar, cumin, chili powder, garlic powder, sausage and scallions. Spoon the mixture into the jalapenos halves,

then arrange them on the prepared baking sheet.

butter, smoked paprika and panko. Spoon the panko mixture onto the filling in the jalapenos. Bake for 15 minutes, or until bubbly and golden. THE ASSOCIATED PRESS

Ingredients

- cheese
- 1/2 tsp ground cumin • 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 4 oz sausage, cooked and crumbled

3. In bowl, stir together the

- 4 oz cream cheese, softened • 2 scallions, green and white • 1/2 cup grated sharp cheddar parts, chopped
 - 6 jalapeno peppers, halved lengthwise, seeds removed
 - 2 tbsp butter, melted
 - 1/2 tsp smoked paprika
 - 1/2 cup panko breadcrumbs

Catch of the day in a taco

- 1. Heat the oven to 200 F.
- 2. In a food processor, combine the avocado, buttermilk, 1 clove of garlic, lime juice and salt and pepper. Puree until smooth, then set aside.

- 1 large Hass avocado, peeled. pitted and cut into eighths
- 1/3 cup buttermilk
- 2 cloves garlic, minced, divided
- Juice of 1 lime
- Kosher salt and ground black
- pepper, to taste • 3 cups shredded Napa cab-
- bage • 1 1/2 cups coarsely grated carrot
- . 1 cup coarsely grated radishes
- 1/4 cup white wine vinegar
- 1/4 tsp sugar, or to taste
- . Zest of 1 lime
- . Hot sauce, to taste
- Eight 6-inch corn tortillas • Whole-wheat flour, for coatina the fish
- 1 lb tilapia fillets, cut into 8 equal pieces
- 3 tbsp vegetable oil
- . Sliced fresh jalapeno peppers, to serve
- Chopped fresh cilantro, to serve



- 3. In bowl, combine cabbage, remaining garlic, carrot, radishes, vinegar, sugar, lime zest and hot sauce. Season with salt and pepper and toss well. Set aside.
- 4. Heat skillet (such as cast-iron or stainless steel, but not nonstick) over medium heat. One at a time, place the tortillas in the skillet and toast for about 30 seconds per side. As the tortillas are toasted, stack them on a sheet of foil. Wrap the foil around the tortillas, then place them in the oven to keep

- 5. In a wide, shallow bowl, combine about 1 cup of flour with 1 tablespoon of salt and 1 teaspoon of pepper. One at a time, dredge each piece of fish through the flour until coated evenly. Shake off any excess.
- **6.** In nonstick skillet over medium-high, heat 1 tablespoon of oil over medium-high. Add half of the fish to the pan and cook, turning once, until golden and cooked through,

about 3 minutes a side. Transfer to an oven-safe plate and set in the oven to keep warm. Repeat with the remaining oil and fish.

7. To serve, top each tortilla with a bit of the avocado purée, then a piece of fish. Drain cabbage mix, then mound some of that over each portion. Serve with jalapeno slices and cilantro on the side.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE BOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DIN-

metronews.ca
Monday, June 17, 2013

SPORTS 21

MLB

Jays overwhelm Rangers for sweep

Chien-Ming Wang won for the first time in more than a year, Colby Rasmus homered for a third straight game and the Toronto Blue Jays completed a four-game sweep by beating the Texas Rangers 7-2 on Sunday for their fifth straight victory.

The Rangers lost their sixth in a row and fell to 1-6 on a season-high, 11-game homestand. Texas has dropped six straight for the first time since April 15 to 21, 2010.

Wang (1-0) allowed seven hits in seven shutout innings to win for the first time since last June 12 with Washington.

Adam Lind hit a threerun homer and J.P. Arencibia added a two-run shot for Toronto. The Blue Jays outscored the Rangers 24-4 to sweep a four-game series at Texas for the first time. THE ASSOCIATED PRESS

Iced-out accessory

Putin denies theft of Super Bowl ring

Russian President Vladimir Putin is denying insinuations that he stole New England Patriots owner Robert Kraft's Super Bowl ring that's now on display in the Kremlin, but says he's ready to buy him another ring as a gift.

"I took out the ring and showed it to (Putin). And he put it on and he goes, 'I can kill someone with this ring,'" Kraft said, as quoted by the New York Post. "I put my hand out and he put it in his pocket, and three KGB guys got around him and walked out."

THE ASSOCIATED PRESS



Rose blooms in time for 1st major victory

Golf. Englishman calm in making clutch shots while Mickelson plays to sixth second-place finish at U.S. Open

A steady hand gave Justin Rose the shiny U.S. Open Trophy. A wild ride gave Phil Mickelson yet another silver medal.

Rose captured his first major championship on Sunday with remarkable calm and three pure shots on the punishing closing holes at Merion. A par on the 18th hole gave him an even-par 70, and that was good enough for him to become the first Englishman in 43 years to win America's national championship.

Rose hit 5-iron to the first cut of rough, pin-high on the 17th for an easy par. He smashed the most important tee shot of his career down the middle on the final hole, about 10 yards short of the famous Ben Hogan plaque. And his approach rolled near the pin and settled against the collar of the green.

"When I came over the hill and saw my ball laying in the fairway, I thought, "This is my moment.' It was me hitting from the middle of the fairway," Rose said.

As usual, someone's big moment in the U.S. Open came at Mickelson's expense.

With fans chanting, "Let's go Phil!" Mickelson paced off a last-ditch effort to force a playoff. It was a long shot — the 18th hole didn't yield a single birdie all weekend. From about 40 yards away, Mickelson's chip for birdie raced by the cup, securing Rose's victory.

Mickelson, already in the U.S. Open record book with five second-place finishes, wound up with a bogey on the 18th for a 74 and tied for second with Jason Day, who closed with a 71. THE ASSOCIATED PRESS

Merion tames Tiger

Tiger Woods wore his usual Sunday red shirt, but it didn't keep him from quickly achieving a dubious double — out of bounds and a 3-putt on the same hole. That made for a triple-bogey 8 at No. 2. He shot a 74 to finish 13 over par.

 Sunday was five years to the day since Woods won the U.S. Open at Torrey Pines. His running tally of majors wins is stuck on 14, four shy of Jack Nicklaus' record.



The Capitals' Alex Ovechkin suffered a hairline fracture during Game 6 of the Eastern Conference quarter-finals against the Rangers. GETTY IMAGES FILE

MVP shrugs off broken foot

Alex Ovechkin said his broken left foot is healing well after playing almost three full games on it last month.

The Washington Capitals captain, who won his third Hart Trophy as the NHL's MVP, suffered a hairline fracture in Game 6 of the Eastern Conference quarter-finals against the New York Rangers. He did not miss any time, playing in Game 7 the next night and then at the IIHF world championship days later.

"Foot is OK," Ovechkin said on a conference call Sun-

day morning. "Right now I'm walking fine. I'm gonna start playing tennis soon so I'm gonna be in good shape. ... It's kind of getting better. I feel pretty good about my foot."

Ovechkin kept playing because he could not make the injury worse. He knew something was wrong but said Sunday morning on a conference call that he did not have an MRI until after playing for Russia in Stockholm.

"I make a blocked shot. The puck broke my foot, and I played with it," Ovechkin said. "I never asked (Capitals trainer Greg Smith) or (Dr. Benjamin Shaffer) about let's make an MRI or something. I just played the game because it's the playoffs. It doesn't matter what happen. You have to be there and you have to play the best that you can."

Ovechkin played all 48 regular-season and seven playoff games for the Capitals, even though general manager George McPhee said he was playing through some other undisclosed injuries.

THE CANADIAN PRESS

metr⊕ **SPORTS**

Balanced battle of the B's all even for Game 3

Stanley Cup final.

Neck-and-neck faceoff has the makings of a marathon series

Jaromir Jagr heard the clank of the puck off the post and did all he could to contain his emotions. Patrick Sharp had to move on, too, after he came oh so close to ending Game 2 of the Stanley Cup

Both players had no choice, even as they lamented the "game of inches" they deal with every day. In this series it's particularly difficult because the Boston Bruins and Chicago Blackhawks appear so evenly matched.

The difference between the Blackhawks being up 2-0 and the teams being tied going into Game 3 Monday night in Boston? "We score



Game 2 of the Stanley Cup final on Saturday. CHARLES REX ARBOGAST/THE ASSOCIATED PRE

an extra goal," Bruins captain Zdeno Chara said.

It is that tight after 186 minutes of hockey, as the Blackhawks and Bruins come to grips with the closeness of the cup final and the razorthin margin for error.

"No one said it was going to be easy," Chicago captain Jonathan Toews said. "No one said everything was going to go our way. Some moments, you feel pretty darn good, like when we won Game 1 in triple overtime, and (Saturday night) it doesn't feel good. You've got to find a way to get over it to move to the next time you're going to be on the ice, and not let it affect you."

It's the first time in nine

years that the cup final is tied at a game apiece. The last occurrence came when the Tampa Bay Lightning faced the Calgary Flames in 2004, winning in seven.

Before last season, the last time the first two games went to overtime was 1951. It has created plenty of drama and frustration, especially for Jagr, who came close to winning each game.

'I got no problem with it. It's a hockey game," Jagr said. "It's not (a) problem for me. Of course you have to forget about it and try to score next time.'

The Blackhawks know all too well about a series hanging in the balance in overtime. They needed it to beat the Detroit Red Wings in Game 7 of the Western Conference semifinals and then again to put away the Los Angeles Kings a round later.

THE CANADIAN PRESS

Turban ban overturned

Solidarity returns to Quebec soccer

The Beautiful Game shed an ugly debate on Saturday as the Quebec Soccer Federation ended its internationally criticized turban ban and the Canadian Soccer Association welcomed it back into the

The news was greeted with cheers by a mostly Sikh crowd at a solidarity soccer game organized in a Montreal suburb, where people of all ages and skills charged onto the pitch wearing turbans.

"I'm excited and I'm proud as a Quebecer that the decision has come to allow the kids to get back on the field," said Amar Magon, one of the organizers of the game.

The Quebec Soccer Federation announced the end of its ban Saturday morning, saying it was relieved to receive clear instructions from FIFA on what has become a contentious issue.

"It has been our intention from the onset to get a confirmation that FIFA allowed wearing of turbans, patkas or keskis," said Brigitte Frot, the



Quebec federation's execu-

"We are very happy that FIFA has responded to our request and by the same token dispelled the ambiguities created by a lack of clarifica-

FIFA announced on Friday that it was authorizing the wearing of male head covers at all levels of Canadian soccer. A statement said the headwear must be the same colour as the jersey, look professional and not pose any danger to players. The ban prompted the Canadian Soccer Association to suspend the Quebec Soccer Federation on June 10. THE CANADIAN PRESS



NHL

STANLEY CUP FINAL

(REST-OF-7: All Times Fastern)

CHICAGO (1) VS. BOSTON (4)

(Series tied 1-1) Saturday's result

Boston 2 Chicago 1 (OT)

Monday's game

Chicago at Boston, 8 p.m.

Wednesday's game

Chicago at Boston, 8 p.m. Saturday's game

Boston at Chicago, 8 p.m. Monday's game

x-Chicago at Boston, 8 p.m.

Wednesday's game

x-Boston at Chicago, 8 p.m. x — played only if necessary

NBA

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 2-1) Sunday's result

Miami at San Antonio

Thursday's result

Miami 109 San Antonio 93

Tuesday's game San Antonio at Miami, 6 p.m.

Thursday's game x-San Antonio at Miami, 9 p.m. x-Played only if necessary

GOLF

PGA U.S. OPEN CHAMPIONSHIP

At Ardmore, Pa. Final round — Par 70

Justin Rose Jason Day Phil Mickelson 71-69-71-70—281 70-74-68-71—283 67-72-70-74—283 Jason Dufner 74-71-73-67-285 Billy Horschel Ernie Els Hunter Mahan 72-67-72-74—285 71-72-73-69—285 72-69-69-75—285 Luke Donald 68-72-71-75-286 Steve Stricker Also: David Hearn

78-69-73-71-291

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	42	29	.592	_
Baltimore	40	30	.571	11/
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	32	36	.471	81/2
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	38	29	.567	_
Cleveland	34	34	.500	41/2
Kansas City	33	34	.493	5
Minnesota	30	36	.455	71/2
Chicago	28	38	.424	91/2
WEST DIVISION				

Oakland .592 .551 Texas 39 .443 10½ 39 .435 11 44 .371 15½ Seattle Los Angeles Houston

Sunday's results Cleveland 2 Washington 0 Baltimore 6 Boston 3 Kansas City 5 Tampa Bay 3 Houston 5 Chicago White Sox 4 Detroit 5 Minnesota 2 Toronto 7 Texas 2 N.Y. Yankees 6 L.A. Angels 5 Oakland 10 Seattle 2

Saturday's results
Toronto 6 Texas 1
Boston 5 Baltimore 4 Tampa Bay 5 Kansas City 3 Washington 7 Cleveland 6 Houston 4 Chicago White Sox 3 .A. Angels 6 N.Y. Yankees 2 Minnesota 6 Detroit 3

Seattle 4 Oakland 0 Monday's games — All times Eastern

Kansas City (Shields 2-6) at Cleveland (Carrasco 0-2), 7:05 p.m. Colorado (De La Rosa 7-4) at Toronto (Johnson 0-2), 7:07 p.m.

(Solinson 9-2), 7-07 p.iii. Baltimore (Arrieta 1-1) at Detroit (Scherzer 9-0), 7:08 p.m. Oakland (Straily 4-2) at Texas (Tepesch 3-6), 8:05 p.m.

Chicago White Sox (Quintana 3-2) at Houston (Norris 5-6), 8:10 p.m. Seattle (Harang 3-6) at L.A. Angels (Vargas 5-4), 10:05 p.m

NATIONAL LEAGUE

EAST DIVISION Atlanta Washington .588 40 34 33 25 21 28 34 37 39 47 .471 .391 .309 Philadelphia New York **CENTRAL DIVISION** Pct GB 25 .638 28 .600 28 .594 39 .418 40 .412 St. Louis Cincinnati Pittshurah .418 15 .412 15¹/s Chicago Milwaukee 28 28 WEST DIVISION Arizona Colorado 32 .522 34 .507 39 .426 San Francisco

35 35 29 San Diego Los Angeles Sunday's results N.Y. Mets 4 Chicago Cubs 3 Cincinnati 5 Milwaukee 1 Pittsburgh 6 L.A. Dodgers 3 Colorado 5 Philadelphia 2

San Diego 4 Arizona 1 San Francisco at Atlanta Saturday's results Chicago Cubs 5 N.Y. Mets 2

Atlanta 6 San Francisco 5 L.A. Dodgers 5 Pittsburgh 3 (11 inn.) Colorado 10 Philadelphia 5

St. Louis 13 Miami 7 Milwaukee 6 Cincinnati 0

San Diego 6 Arizona 4

Monday's games — All times Eastern

Chicago Cubs (Wood 5-5) at St. Louis (Miller 7-4), 7:05 p.m. Washington (Haren 4-8) at Philadelphia

(Lannan 0-1), 7:05 p.m. Pittsburgh (Liriano 5-2) at Cincinnati (Leake 6-3), 7:10 p.m.

N.Y. Mets (Gee 5-6) at Atlanta (Hudson 4-6), 7:10 p.m.

Miami (Turner 1-0) at Arizona (Corbin 9-0), 9:40 p.m. San Diego (Volquez 5-5) at San Francisco

(Zito 4-5), 10:15 p.m.

18

30

53

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Horoscopes

T Aries

March 21 - April 20 Despite what you might believe, nothing is holding you

back. It may seem as if barriers are blocking your path but the closer you get to them, the further away they will retreat.

Taurus April 21 - May 21

You may have a lot of ground to make up on rivals and competitors but there is no need to rush things. Spend the first few days of the week just watching and waiting. Your time will come — soon.

∐ Gemini May 22 - June 21

You will gain a lot more respect today if you are direct with people. Forget about being polite, just say what needs to be said. You don't have time to worry about people's precious feelings.

Gancer

June 22 - July 23

Don't choose the easy option just because you cannot be bothered to make much of an effort. If you let things slide now you will only have to work twice as hard later to make up for lost time. Be sensible.

Ω Leo July 24 - Aug. 23

You must not let your standards slip today. If you do, others will use that as an excuse to give less than they should. Always be a good example and do your very best.

W Virgo Aug. 24 - Sept. 23

If you slow down to think about what you are doing today you run the risk of stopping altogether. Keep your momentum going and keep moving towards your goal.

△ Libra

Sept. 24 - Oct. 23

You may be tempted to highlight something you know a friend would be embarrassed by. It might be worth a laugh but what would it do to your relationship? Keep it to yourself.

M Scorpio

Oct. 24 - Nov. 22

Steer clear of financial matters that have nothing to do with you. If you allow yourself to be drawn into a situation you know little about at best you will gain nothing — and you may lose a lot.

プ Sagittarius Nov. 23 - Dec. 21

Any disagreements you may be having will be short-lived, so don't place too much importance on them. This may even be one of those occasions when drama brings you closer to the ones you love.

り Capricorn

Dec. 22 - Jan. 20

The planets are urging you to aim high, even if your resources are low. The bigger your plans, the harder you will work and the more likely it is you will attract the opportunities you need to grow.

Jan. 21 - Feb. 19

It's OK envy others' achievements as it encourages you to do better. Over the next few days, you'll be inspired to copy someone you look up to. Soon others will be copying you.

H Pisces

Feb. 20 - March 20

A windfall of some kind helps you believe Lady Luck is on your side, which in turn makes it easier to take calculated risks that improve your chances of SUCCESS. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Archibald (Cary Grant's birth name) 6. Martin Scorsese's occ.
- 9. Actress Ms. Irving's 13. New Delhi's country
- 14. Skipper's need
- 15. Church area 16. The Lord's trophy:
- 2 wds.
- 18. Ms. Cannon (Fourth wife of
- #1-Across) 19. Bride-
- 20. CN Tower's 360
- 22. Cons opposites 24. Wrath
- 25. 1936: For whom King Edward abdi-
- cated the throne, Simpson
- 28. Ontario city on the St. Lawrence River
- 33. Brit singer, Lily
- 34. Changes residence 35. Baseball's Astros,
- on scoreboards
- 36. Linen-making fibre 37. Sulked
- 38. Nerd
- 39. Mr. Hanks
- 40. Downy duck
- 41. Canadian actress Ms. Eastwood
- 42. Surprised suddenly 44. Chef Gordon __ of FOX's "Hell's Kitchen"
- 45. Blue stuff on paper
- 46. Rave about 47. Ontario town in The Tragically Hip song that starts "I

left your house this morning...

- 52. Hasbro toy brand 56. Beehive State
- 57. _ rafting 59. Get up

36

39

42

- 60. Chocolate bar 61. Acclaimed chor-
- eographer, Alvin
- 62. Disapproving

utterances 63. "__-haw!" 64. Tomato plant

45

support

Down

- 1. Itemize
- 2. Prefix to 'mology' (Study of insects)

60

3. Small amount that'll do ya: 2 wds.

61

4. Canadian movie theatres company

28

- 5. "2001: A Space Odyssey" (1968) computer
- 6. Physicians, e.g. 7. '50s song: "__ Spell on You"
- 12. Dispatched

8. Fixed

Charles

14. Deli breads 17. Greek Myth: God of love

9. Brother of Prince

10. Poet Ms. Angelou

Hockey Hall of Famer

11. Mr. Cournoyer,

- 21. Vases
- 23. __ Tin Tin 25. Drifts through
- the air
- 26. Dispense
- 27. Cud-chewing
- creature
- 28. Got by
- 29. Finished
- 30. Nautical greetings!
- 31. 1869 R.D. Blackmore novel, Doone
- 32. Great Big Sea song that goes "...boat is
- painted green / Ha, me boys!'
- 34. Style
- 37. Earth's galaxy: 2
- wds. 38. Canadian singer/
- songwriter Ms. Doyle 40. Cirneco dell'
- (Dog breed)
- 41. Affirmatives, in Austria
- 43. Wealth
- 44. Old Scandinavian symbol
- 46. Attend: 2 wds.
- 47. Mr. Reynolds
- 48. Mr. Redding
- 49. Relish
- 50. Clarified butter 51. Dublin's land
- 53. Fun French song
- Alouette..." 54. Stink
- 55. Canadian literary
- critic, Northrop 58. Used to be

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	4	9	5	2	6	8	3	1
e	2	8	1	3	9	5	7	4
5	1	3	7	4	8	2	6	9
4	8	2	3	5	7	1	9	6
3	6	1	8	9	2	7	4	5
9	7	5	6	1	4	3	2	8
1	5	7	9	6	3	4	8	2
2	3	6	4	8	5	9	1	7
8	9	4	2	7	1	6	5	3

1		3		6		9	2	
	7	2						
			8					6
2		4	5					
3			7		1			8
					9	2		1
5					4			
						8	7	
	3	9		1		6		5

Today





Partly cloudy

Know what the weather will be 14 days from now. Check the 14 day trend.

The Weather Network 2013



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